

Lucas Football

June 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 Weight Room 7-9pm	9 Weight Room 7-9pm	10	11 Weight Room 7-9pm	12	13
14	15 Camp 4-7pm Weight Room 7-9pm Helmet Issue 3-4pm Grades 9-12	16 Camp 4-7pm Weight Room 7-9pm	17	18 Camp 4-7pm Weight Room 7-9pm	19	20
21	22 Weight Room 7-9pm	23 Weight Room 7-9pm	24	25 Weight Room 7-9pm	26	27
28	29	30				

Lucas Football

July 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Weight Room 7-9pm	7 Weight Room 7-9pm	8	9 Cub Pride V/JV Team Camp @ ONU	10 Cub Pride V/JV Team Camp @ ONU	11 Cub Pride V/JV Team Camp @ ONU
12	13 Weight Room 7-9pm	14 Weight Room 4-5pm V/JV Camp 5-9pm	15	16 V/JV Camp @ Danville Bus Leaves at 4pm	17	18
19	20 Weight Room 7-9pm	21 Weight Room 4-5pm V/JV Camp 5-9pm	22	23 Weight Room 4-5pm V/JV Camp 5-9pm	24	25
26	27 Cub Commitment Week 8-10am Weight Room 10-11am Youth Camp 4-6pm	28 Cub Commitment Week 8-10am Weight Room 10-11am Youth Camp 4-6pm	29 Cub Commitment Week 8-10am Weight Room 10-11am Youth Camp 4-6pm	30 Cub Commitment Week 8-10am Weight Room 10-11am	31 Cub Commitment Week 8-10am	

Lucas Football

August 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 V/JV 2-a-day Practice 8am-2pm	4 V/JV 2-a-day Practice 8am-2pm	5 V/JV 2-a-day Practice 8am-2pm	6 V/JV 2-a-day Practice 8am-2pm	7 V/JV 2-a-day Practice 8am-2pm	8 V/JV 2-a-day Practice 8am-2pm
9	10 V/JV 2-a-day Practice 3-9pm	11 Scrimmage @ Danville AM	12 V/JV 2-a-day Practice 3-9pm	13 V/JV 2-a-day Practice 3-9pm	14 1st Scrimmage vs. New London	15 V/JV 2-a-day Practice 8am-2pm
16	17 V/JV 2-a-day Practice 3-9pm	18 V/JV 2-a-day Practice 3-9pm	19 V/JV 2-a-day Practice 3-9pm	20 V/JV 2-a-day Practice 3-9pm	21 2nd Scrimmage vs. Convoy Crestview	22
23	24 Regular Season Practice Begins 3:45-6:15pm	25 Regular Season Practice 3:45-6:15pm	26 Regular Season Practice 3:45-6:15pm	27 Regular Season Practice 3:45-6:15pm	28 Beat Plymouth	29
30	31					